

**GET IN TOUCH**

## GET IN TOUCH

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**e** [info@ageuksomerset.org.uk](mailto:info@ageuksomerset.org.uk)  
**www.ageuksomerset.org.uk**



@AgeUKSomerset

# Our Services

**Age UK Somerset provides information and advice, support and activities for older people in Somerset and North Somerset, and those who care for them.**

***We're only a phone call away.***



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## Information and Advice

We provide free, confidential information and advice on a wide range of issues such as money matters, health, social care, social activities and much more. If we can't help, we can put you in touch with people who can. We can also offer assistance in claiming welfare benefits including finding out which benefits you may be entitled to claim and we have Volunteers who can provide assistance in completing the claim forms. Our Information and Advice service is provided by telephone and email. Visits to our office are by appointment only.

For more information please contact:

**[infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)**

**01823 345613**

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## Active Befriending

This new free service supports older people who would enjoy some company and the benefit of being more active but don't feel very confident going out alone. Once clients register they are matched with a Volunteer who will come to their home and accompany them for a gentle 'Walk and Talk'. For more details contact:

**[activebefriending@ageuksomerset.org.uk](mailto:activebefriending@ageuksomerset.org.uk)**

**01823 345625**

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## Memory Connections - Dementia Maintenance Cognitive Stimulation Therapy (MCST)

Our Memory Connections service offers weekly group sessions (both in person and online), including a programme of enjoyable and stimulating activities for people living with mild to moderate dementia. For more details contact:

**[infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)**

**01823 345613**

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## **Ageing Well - Health and wellbeing**

This service works to improve the health and well-being of older people in Somerset and North Somerset. We run community-based sessions across our area, such as Tai Chi, Yoga and Movement to Music, as well as several online sessions for those who want to stay fit at home. To find out more contact:

**[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)**

**01823 345626**

### **Falls Prevention**

In Somerset around 8 people over the age of 65 are admitted to hospital every day as a result of a fall. Our “Stay Strong Stay Steady” sessions successfully improve balance and strength and increase confidence while helping to prevent falls and maintain independence in older people. For more details contact:

**[fallsprevention@ageuksomerset.org.uk](mailto:fallsprevention@ageuksomerset.org.uk)**

**01823 345614**

**Friendly Phone calls** - Working as part of Open Mental Health we provide telephone support exclusively to clients referred to us by them.

### **Toenail Cutting (Somerset only)**

Working in association with Somerset NHS Foundation Trust we provide a professional and friendly basic Toenail cutting service across Somerset for over 55s. Ask your GP to refer you for assessment via the NHS Podiatry service. Some medical exclusions apply. A reasonable charge is made for this service. For more details contact:

**[tnc@ageuksomerset.org.uk](mailto:tnc@ageuksomerset.org.uk)**

**01823 345610**

### **Scams Advice (North Somerset only)**

If you are worried about being scammed, or have already been affected, contact our Scams Advice Officer who works across North Somerset, funded by North Somerset Council (Trading Standards):

**[lin.griffin@ageuksomerset.org.uk](mailto:lin.griffin@ageuksomerset.org.uk)**

**0744 398 3505**

## ***We'd love you to get involved***

Could you join in and support us through volunteering, fundraising or making a donation? If so we'd love to hear from you. Please call:

**01823 345627** or email: **[volunteers@ageuksomerset.org.uk](mailto:volunteers@ageuksomerset.org.uk)**

Thank you.



**Age UK Somerset is an independent local charity working for and with older people across Somerset and North Somerset.**

## Contact us

Call us: **01823 345610**

email us: **info@ageuksomerset.org.uk**

Visit our website: **www.ageuksomerset.org.uk**

Follow us on  
Social Media:   **@AgeUKSomerset**

Write to us: **Ash House  
Cook Way  
Taunton  
Somerset  
TA2 6BJ**



**Visits to our office are  
by appointment only.**

**Please call if you'd like to make an appointment.**